

DISASTER PREPAREDNESS

Emergencies can happen anywhere at anytime. Would you know what to do if you or a loved one needed help? Here's a quick checklist to see if you and your home are safe:

Keep a well-stocked first aid kit. Store medication in a locked cabinet so kids can't access it. Keep cleaning agents and dangerous chemicals out of reach. Keep all substances in their original containers.

Fire extinguishers are affordable. Keep one in the garage and anywhere else a fire may start. Make sure everyone knows how to use them.

never leave a burning candle unattended or sleep while a candle is burning.

Install smoke outside each sleeping area in your home, and change batteries regularly.

Make sure family members know how to shut off utilities, and post the phone numbers for gas, water and electricity providers.

Create and practice a home emergency/escape plan. Determine a meeting place where your family can go if forced to leave the home; post a note on your door telling others the date and time you left, and where you're going.

Keep a bag stocked with cash, nonperishable food and water (3 days' worth for each family member), battery-powered radio, flashlight, first-aid kit, extra eyeglasses and prescription drugs, change of clothes and sturdy shoes, keys, pet supplies, and blanket or sleeping bag. Make sure all family members know where the bag is kept.

Keep a radio, blanket, flashlight, first-aid kit, and fresh batteries in every vehicle.

Keep a phone list of emergency contacts in your vehicle and wallet or purse.

Children should know their street address and last name and how to dial 911.

Disaster Preparedness

If a local disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead. This checklist will help you get started. Discuss these ideas with your family and prepare an emergency plan. Post the plan where everyone will see it--on the refrigerator or bulletin board. For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and your American Red Cross chapter.

Emergency Checklist

- Call the Office of Civil Defense or American Red Cross Chapter
- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create An Emergency Plan

- Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes, and other emergencies.
- Discuss how to respond to each disaster that could occur.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Learn how to turn off the water, gas, and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police, and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out-of-state than within the affected area).
- Teach children how to make long distance telephone calls.
- Pick two meeting places.
 - A place near your home in case of a fire.
 - A place outside your neighborhood in case you cannot return home after a disaster.
- Take a Basic First Aid and CPR Class
- Keep family records in a water-and fire-proof container.

Escape Plan

In a fire or other emergency, you may need to evacuate your house, apartment, or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits, and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire. Be sure to include important points outside, such as garages, patios, stairways, elevators, driveways, and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break, or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Secure water heater. Strap to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides, and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors, and gas vents.

If You Need to Evacuate

- Listen to a battery-powered radio for the location of emergency shelters.
- Follow instructions of local officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use travel routes specified by local officials.

If you are sure you have time...

- Shut off water, gas, and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals are not being allowed in public shelters.

Prepare an Emergency Car Kit

- Battery powered radio and extra batteries
- Flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy foods, such as granola bars, raisins and peanut butter.
- Maps
- Shovel
- Tire repair kit and pump
- Flares
- Fire Safety

Plan two escape routes out of each room

- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors. Clean and test smoke detectors once a month.
- Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household members in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

SEE SUPPLY CHECKLIST BELOW

Supply Kit Checklist

Water	
<input type="checkbox"/>	At least one gallon of water per person per day. (Water should be stored in thoroughly washed plastic, fiberglass or enamel-lined metal containers. Do not use containers that can break such as glass bottles).
Food (You can use the canned foods, dry mixes and other staples in your cupboard shelves. Canned foods do not require cooking, water or special preparation).	
<input type="checkbox"/>	Food items that you might consider including in your disaster supply kit include; ready-to-eat meats, fruits, and vegetables; canned or boxed juices, milk, and soup; high-energy foods like peanut butter, jelly, low-sodium crackers, granola bars, and trail mix; vitamins; foods for infants or person on special diets; cookies, hard candy; instant coffee, cereals, and powdered milk.
<input type="checkbox"/>	Manual Can Opener
First Aid Supplies Assemble a first aid kit for your home and for each vehicle. The basics for your first aid kit should include:	
<input type="checkbox"/>	First Aid Manual
<input type="checkbox"/>	Sterile adhesive bandages in assorted sizes
<input type="checkbox"/>	Assorted sizes of safety pins
<input type="checkbox"/>	Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
<input type="checkbox"/>	Antibiotic ointment
<input type="checkbox"/>	Latex gloves (2 pairs)
<input type="checkbox"/>	Petroleum jelly
<input type="checkbox"/>	2-inch and 4-inch sterile gauze pads (4-6 each size)
<input type="checkbox"/>	Triangular bandages (3)
<input type="checkbox"/>	2-inch and 3-inch sterile roller bandages (3 rolls each)
<input type="checkbox"/>	Cotton balls
<input type="checkbox"/>	Scissors
<input type="checkbox"/>	Tweezers
<input type="checkbox"/>	Needle
<input type="checkbox"/>	Moistened towelettes
<input type="checkbox"/>	Antiseptic
<input type="checkbox"/>	Thermometer
<input type="checkbox"/>	Tongue depressor blades (2)
<input type="checkbox"/>	Tube of petroleum jelly or other lubricant
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Prescription Medication - Ask your physician or pharmacist about storing prescription medications. Be sure they are stored to meet instructions on the label and be mindful of expiration dates - be sure to keep your stored medication up to date
<input type="checkbox"/>	Extra pair of prescription glasses or contact lens
<input type="checkbox"/>	Aspirin and non-aspirin pain reliever

<input type="checkbox"/>	Anti-diarrhea medication
<input type="checkbox"/>	Antacid (for stomach upset)
<input type="checkbox"/>	Syrup of ipecac (use to induce vomiting if advised by poison control center)
<input type="checkbox"/>	Laxative
<input type="checkbox"/>	Vitamins
Tools and Emergency Supplies	
<input type="checkbox"/>	A portable, battery-powered radio or television and extra batteries
<input type="checkbox"/>	Flashlight and extra batteries
<input type="checkbox"/>	Signal flare
<input type="checkbox"/>	Matches in a waterproof container (or waterproof matches)
<input type="checkbox"/>	Shut-off wrench, pliers, shovel and other tools
<input type="checkbox"/>	Duct tape and scissors
<input type="checkbox"/>	Plastic sheeting
<input type="checkbox"/>	Whistle
<input type="checkbox"/>	Small canister, A-B-C type fire extinguisher
<input type="checkbox"/>	Tube Tent
<input type="checkbox"/>	Compass
<input type="checkbox"/>	Work gloves
<input type="checkbox"/>	Paper, pens and pencils
<input type="checkbox"/>	Needles and thread
<input type="checkbox"/>	Battery-operated travel alarm clock
Kitchen Items	
<input type="checkbox"/>	Manual can opener
<input type="checkbox"/>	Mess kits or paper cups, plates, and plastic utensils
<input type="checkbox"/>	All-purpose knife
<input type="checkbox"/>	Household liquid bleach to treat drinking water
<input type="checkbox"/>	Sugar, salt, pepper
<input type="checkbox"/>	Aluminum foil and plastic wrap
<input type="checkbox"/>	Re-sealing plastic bags
<input type="checkbox"/>	If food must be cooked, small cooking stove and a can of cooking fuel
Sanitation and Hygiene Items	
<input type="checkbox"/>	Washcloth and towel
<input type="checkbox"/>	Towelettes, soap, hand sanitizer, liquid detergent
<input type="checkbox"/>	Tooth paste, toothbrushes, shampoo, deodorants, comb and brush, razor, shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies
<input type="checkbox"/>	Heavy-duty plastic garbage bags and ties -- for personal sanitation uses--and toilet paper
<input type="checkbox"/>	Medium-sized plastic bucket with tight lid
<input type="checkbox"/>	Disinfectant and household chlorine bleach
<input type="checkbox"/>	Consider including a small shovel for digging a latrine

Household documents and contact numbers

- ☐ Personal identification, cash (including change) or traveler's checks, and a credit card
- ☐ Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- ☐ Emergency contact list and phone numbers
- ☐ Map of the area and phone numbers of place you could go
- ☐ An extra set of car keys and house keys
- ☐ A list of family physicians
- ☐ A list of important family information; the style and serial number of medical devices, such as pacemakers.

Clothes and Bedding

- ☐ One complete change of clothing for each household member. Extra socks, underwear, thermal underwear.
- ☐ Rain gear, hat and gloves
- ☐ Footwear for each household member. Shoes should be sturdy work shoes or boots
- ☐ Sunglasses
- ☐ Blankets or sleeping bag for each household member, pillows

Specialty Items (Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children)

- ☐ For Baby - formula, diapers, baby food, teething gels, powders and diaper rash creams
- ☐ For the Elderly - medication, dentures and cleaning supplies, hearing aids and batteries
- ☐ For Pets - Food, water dish and water for pets, medication, toys
- ☐ Entertainment - books, games, quiet toys and stuffed animals

Work Place Disaster Supply Kit

- ☐ Personal supply of water and food
- ☐ Comfortable flat shoes - for women who wear high-heels to work, in case an evacuation requires walking long distances.

Car Disaster Supply Kit

- ☐ Keep a small disaster kit in the trunk of your car
- ☐ Add items for severe winter weather during months when heavy snow or icy roads are possible --salt, sand, shovels, and extra winter clothing, including hats and gloves. For summer weather -- extra water, tarp for shade, sunglasses and sunscreen.